

State hok jump.  
Running in 3's.



✓  
Games V + XI

II + III

✓  
NOV. 4.

1. ~~Bot.~~ jumping. (L)
2. St. - Square swing 'g. (A)
3. St. - Alt. kn. bend 'g. m. off k. A. (A+L)  
rais 'g. form.
4. Str. st. - Off k. toe touching twice + up (L)  
+ slides + a jump Lt. + st. (REL.)
5. R. M. by. - quick T. bend 'g. form. (A+B)
6. Long sitt. - T. swing 'g. (L.B)
7. Str. st. - A's swing 'g. Alt. X + Y. (A+B)
8. X sitt. - H. nod 'g. form. + sidem. (4) (N)
9. ST. - Jump + str. alt. L. in front. (L)

Prep. for hopping - hopfrog.  
Run + touch

Benchies. Balance walk.

Balance run.

Jumping over all. { Single  
" on + off all. { Complex }  
Stride jump.



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II. + III.

NOV. 8.

1. St-A's swing 'g  $\frac{1}{2}$  and up. (A)
  2. Hd.  $\frac{1}{2}$  squat stand. sitt. - alt. kn. stroke + bend 'g. (L)
  3. St. - Alt. leg swing 'g fore. + back. m. hand clack 'g. (A+L)
  4. 'S' stand  $\frac{1}{2}$  the st. - Side bend 'g. (LAT.)
  5. Stand. front leg. - Dike rising. (ABD.)
  6. Stand. st. - T. twist 'g lb. + st. (L+L.B)
  7. Stand. st. - T. spinning 'g (N. (U+L.B.)
- High skipping around room. (RELIEF)

Buzz.

1. Hang 'g. (B.)
2. Opp. st. jump 'g on bar + off. (L)



Nov. 16.

II + III.

1. Back 'g m. hl. lift 'g backm. hl. (A)  
+ toe touch 'g form.
2. St. - str. jump 'g + turning (L)
3. X sitt. - H. hand 'g + stretch 'g. (H)
4. Jump 'g + kick 'g m. alt. kn. lift 'g + (AHL)  
offh. A. swing 'g form.
5. Str. A. st. - Alt. side hand 'g. (LAT)
6. Bl. by - to hell sitt 'g. (ATD)
7. Long sitt. - T. spring 'g + A. hand 'g (L.S)
8. High skipping to bars.
- Base - 1. Leg lift 'g + jump 'g off (ATD)  
2. Offh. str. st. - A. spring 'g (A)



4.

II + III.

Dec. 3.

1. Jump 'g m. A. ciral 'g backm. (A+L)
2. St. Easy A. running 'g. (A)  
Held alt. A. every 4<sup>th</sup> count
3. Alt. low. lift 'g, + 3 runs on spot (L)
4. Nk. rest str. st. - Alt. T. head 'g sidem (LAT)
5. 3 runs - hi. spring to squat. (REL)
6. Ad. rest. low. st. - T. backm. low. (ABD)
7. Gr. long low sitt. - A. head 'g + T. head 'g (B)  
backm. m. ch. lift 'g - A. sidem.
8. App. L. + A. placing, sidem. m. hiph 'g (A+L)

Boss. 1. Long sitt. to span head 'g. (U.B.)

2. St. - walking down boss. (L.+L.B.)

Bench. Bunny jumps  
Running m. hi. spring.



## II + III.

REC. 10.

1. Bd. st. - Hopk'g m. toe touch 'g sidem  
+ form. + A - same. (A+L)
2.  $\frac{1}{2}$  sq. str. st. - Single A. bring 'g. (A)
3. <sup>st.</sup> Deep kn. bend'g + stretch'g m. (L)  
Bot. jump.
4. L str. st. - Alt. T. twist'g r. + l. (LAT.)
5. Bot jump'g + turning. (REL.)
6. Sq. sitt. - Lt. st. back. up. (ABJ.)
7. Gr. bk. bow sitt. - ch. lift'g m. A.S. (U.B.)
8. Bk. by. - Alt. kn. bend'g + ch. lift'g. (L.B.)
9. <sup>st.</sup> App. L + A. place'g sidem. m. hold'g. (A+L)
10. Alt. kn. lift'g form. (L)

Benchers.

Burning jumps.

Running - jump off m. hi. spring.



1. Al. raise 'g + kn. bend 'g + alt. (A+L)  
kn. lift 'g - A's swing 'g, then X + fly.
2. Reh. sgt. sitt. - A. part 'g + slow (L)  
kn. stretch 'g on A. lowering to side
3. Str. st. - A. fling 'g then fold + fly (A)  
+ tr. spring 'g. (L.B)
4. <sup>Ad.</sup> Kn. st. - Alt. A. fling 'g st. + lt. (LAT)
5. Bh. by. - To hell sitt. (ABD)
6. Cr. kh. Ann sitt. - Ch. lift 'g (U.B)  
m. A. raise 'g sidem.
7. Th. by. - Alt. kn. bend 'g m. ch. (L.B)  
lift 'g
8. Same ft. + A. place 'g fore. + sidem. (A+L)  
alt. lt. + lt.
9. Jump 'g + str. jump 'g turning. (REL)
10. Partners.
  1. Offh. sq. hlt. by. (T.)  
T. bend 'g fore. + backm.
  2. Bus. Long sitt. to span bend 'g.
  3. Offh. str. st. - A. spring 'g. (A)



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II + III

JAN. 20.

1. Wl. rais 'g + kn. bend 'g + alt. (A+L)  
kn. lift 'g - A's swing 'g X + fly.
2. St. - to str. jump m. hl. click (L)
3. St. - A's side. - Sh. backm. roll 'g. (A)
4. Str. st. - A's in stretch - alt A. pull up. (LAT)
5. Bk. ly. - Single kn. bd + stretch, full leg (ASD)  
2 kn. bd. + stretch to L leg. + 2 leg  
mov. to X sitt.
6. St. - Sweep 'g swing to clasp in reb. (L.B)
7. Str. st. - A's swing 'g kn. X + fly. (U.B)
8. Jump 'g + str. jump 'g turn 'g. (REL)
9. Postures - 1. Off m. kn. - T. backm. bend. (T+U.B)  
2. Off m. sitt. - Kn. stretch 'g. (L.)
- Buzz. 1. Off str. st. - A. spring 'g. (A)
2. Monkey jumps.



1. ~~Hk.~~ Hk. sitt. - Alt. + double A. spring 'g (A)  
form. + reform.  
long sitt. -
2. Alt. kn. lift 'g + stretch 'g no. hands (L)
3. Long sitt. - T. bend 'g to ankles no. (L + H)  
A. bend 'g.
4. St. ~~Hk.~~ kn. 'g + kn. bend 'g (A + L.)  
Hk. 'g no. hl. lift 'g back. - ht. +  
the touch 'g form. - off. A. lift side,  
bend, stretch down.
5. Nh. st. str. st. - alt. T. bend 'g + tension (LAT)
6. Kn. sitt. - A's side. T. form. bend. (U + J)
7. Long sitt. - Alt. feet cross 'g sidem. (L + J)
8. Rg. bk. by - Quick T. raise 'g form. (A + D.)
9. Alt. the touch 'g form. + sidem. back. (A + L.)  
A. reach 'g form. + sidem.
- Exers. 1. Off. str. st. - A. spring 'g (A)
2. Monkey jumps. (A + L)



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II + III.

FEB. 11.

1. Km. st. - A. spring 'g. (A.)
2. Reh. sq. sitt. - A's post 'g. + slow  
km. stretch 'g. A's to side (L)
3. Appk 'g. m. hl. lift 'g. backum. - (A+L)  
hl. + toe touch 'g. from. - A's okh.  
side, bend, stretch.
4. Long sitt. - T. roll lt. st. + over. (A+D)
5. Ste. sitt. - T. bend 'g. from. + B. (L+B)  
stretch 'g.
6. Ste. st. - A's stretch 'g. fold to fly. (U.B)
7. St. - jump 'g. ste. together. repeat. (A.+L)  
x jump, x back. A's raise + lower.
8. Bess. 1. St. support.  
Hk. st. - T. sidem bend. (L+T.)
2. Monkey jumps. (A.+L.)
3. Appk. sitt. - km. fling. (L.)
4. Handstand (T)





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